

# Bare Facts

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38° 58' 7" North; 95° 47' 56" West

## Naked Plays Rock Topeka Stage

With more than a month of rehearsals and the torrid last-minute preparations that were out-sized even for theater, the Lake Edun Foundation's second staging of our Naked Plays opened to a small but appreciative audience on May 1. The audience on May 2 was larger and the production even more polished. This production is partially underwritten by NAC and LPStuff.com, which we appreciate.

Billed as An Evening of Naked Surprises, the production consists of three original one-act plays contributed by playwrights from across the country. It is the final stage in a contest to find the best short play dealing with body acceptance. The winners will receive a cash prize.

After each production, audience members are asked to complete a ballot expressing their opinion on the quality of each play. Results to date reflect the high quality of all the semi-finalists. Although each has been favored by some, a consensus is beginning to show. Results will be announced at the conclusion of all performances.

If you have not seen these plays, tickets are still available (as of this writing) for the performances on May 8 or 9. We don't want any of our friends or supporters to miss this.

## Memorial Day Weekend

Although the weather usually permits anxious Eduners to visit our special place before Memorial Day, that weekend is the traditional kick-off for most Summer time activities. A visit to the lake is no exception. Every year, our special place gets a little more beautiful.

This Memorial Day Weekend will be particularly active. We have an open house from noon to 3 on Saturday and the final sauna of the season that evening beginning at 8. Then, on Sunday, we will have the kick-off of our Summer evening programs. It should be an active weekend with many of our friends we haven't seen since last Fall. And, with some luck, the mulberries should be ready to sample.

We hope our friends and supporters will plan to join us over the Memorial Day weekend to see our special place again and greet all our friends.

## From The Mail Bag

Dear Lake Edun,  
Thanks for remembering me and sending *Bare Facts*, although I haven't visited for 3 years. As a member, maybe I'll make it more often. (Membership enclosed)

– Vernon B.

Dear Lake Edun,  
I may have the opportunity to drop by for a visit later this week (Wed, Thurs, or Fri). I was wondering if the gate would be open.

BTW: I like the new web site.

– Andy, Illinois

## Plan To Join Us For An Open House

An Open House is a great opportunity to introduce your friends and acquaintances to all that we take for granted. For the first 2-3 hours, clothing is required for everyone at our event. After that, it becomes Clothing Optional for a couple of hours before transitioning to Nudity Required.

This allows the uninitiated to visit our special place without fear of seeing naked bodies or the requirement to get naked themselves. It has proved a successful way for those curious about Naturism to test the waters.

Our first Open House is scheduled for May 23, the Saturday of Memorial Day Weekend. We all know someone who is curious about our lifestyle. Be sure to invite a friend to one of our Open Houses. They will probably be glad you do.

## Random Thoughts And Reflections

Please note the schedule. Due to scheduling conflicts, we have had to change the dates of the May Open House and last sauna.

If you have not enjoyed a sauna this season, be sure to join us on May 23 for the final one.

We learned recently that our long-time member and supporter, John N. from Iowa passed away. John loved our special place. He found it a great place to relax and reflect. We are pleased he chose to share himself with us for these many years. Our thoughts and prayers are with John's family in this difficult time.

## DON'T FORGET

*Activities designated HN are sponsored by Heartland Naturists*

**May 1; Fri; 7:30; An Evening of Naked Surprises**

May 2; Sat; World Naked Gardening Day

**May 2; Sat; 7:30; An Evening of Naked Surprises**

**May 8; Fri; 7:30; An Evening of Naked Surprises**

**May 9; Sat; 7:30; An Evening of Naked Surprises**

May 9; Sat; 10-12; Board of Directors

May 10; Sun; 12-4; Work Day

May 15; Fri; 8-10; HN Swim

May 20; Mulberry season begins

May 22-25; Memorial Day Weekend

May 23; Sat; 12-3; Open House

May 23; Sat; 8-10; Final Sauna of the season

May 24; Sat; Dusk; Evening program

May 30; Sat; Dusk; Evening program

June 6; Sat; All Day; Nude In A Natural Setting

June 6; Sat; Dusk; Evening program

June 12-14; HN weekend at the lake

June 13; Sat; 10-12; Board of Directors

June 13; Sat; 12-3; Open House

June 13; Sat; Dusk; Evening program

June 19; Fri; 8-10; HN Swim

June 20; Sat; Dusk; Evening program

## Inappropriate Behavior

(We know it when we see it)

By: Michael

I came across something from Richard Mason of Haulover Beach Fame regarding acceptable behavior. It's a timely reminder to all naturists that conduct at naturist venues is crucial to our survival.

Richard notes that what is acceptable in a bedroom or at some other type of club is not acceptable on the public streets or in a public park. For example, excessive drinking is not acceptable in any bar or club today.

The Naturist Society's Beach Etiquette is the standard guide for behavior for naturists. It works, but only when others speak up for those standards. From my limited experience, speaking up about misbehavior has never been a problem. No member or visitor to Lake Edun has to tolerate boorish behavior. People do notice and pass on things they don't like.

At Lake Edun most people know how to behave. If there is any question, laminated copies of Lake Edun standards of behavior are posted on The Barn. The few that violate the standards of conduct enumerated for Lake Edun do receive notice and are asked to refrain from repetition of their behavior. Any failure to speak up will be damaging and allow people to revert to the lowest acceptable behavior. This is true of every level of society, every religion, country club, association, industry and enterprise. Lake Edun is no different. Naturally, tact and consideration needs to be used when speaking to someone violating a norm. The goal is to bring to the person's attention the standards, rather than to bash them.

A simple test, if you have a question, is to ask yourself, would this behavior be acceptable in any other public setting (think restaurant, school, church, social gathering, etc.). Aside from our nudity, all the rules of courtesy and politeness apply at Lake Edun. Our conduct tells everyone that Lake Edun is a safe, friendly community of people with whom to enjoy the freedom of nude recreation.

## Don't Forget Your Sunshine

Numerous studies over the last several years suggest that adequate vitamin D levels may be much more important to human health than anyone realized. Unfortunately, it is believed that most people don't get enough vitamin D.

As avid Bare Facts readers know, vitamin D is synthesized in the body in response to, you guessed it, sunlight! While vitamin D is found naturally in some foods such as fish, we more commonly associate it with fortified milk.

Published a few days ago is a study done in Costa Rica that indicates that this vital nutrient may be linked to asthma severity. It was found that children with lower vitamin D levels were much more likely to have been hospitalized for asthma in the previous year, had more airway hyperactivity, and were more likely to use steroidal inhalers. They were also more likely to have more evidence of allergies.

This study is the first to demonstrate an association between levels of vitamin D and markers of asthma severity and allergy. The study suggests that there may be added health

benefits to vitamin D supplementation and may help with asthma control.

Researchers noted that the study took place in a country with abundant sunshine, but the use of sunscreen and efforts to avoid too much sun exposure may be contributing to lower vitamin D levels in people in many parts of the world. Doctors say it's hard to get enough vitamin D from food alone.

Of course naturists and heliotherapists have been making the case for adequate exposure to sunlight for over 100 years. It's nice for modern science to finally catch up. In the misguided hysteria over fears of skin cancer, the medical profession and the media have propelled us into the other health wall – too little sunshine leads to serious health problems also. Either extreme causes problems.

Sensible, gradual sun exposure that allows the body's natural responses to activate, i.e., the tanning process, while avoiding sunburn is what is called for. A good even tan is a sign of health and it gives us the necessary vitamin D formation to enhance the immune system, enabling it to ward off a number of nasty diseases.

This summer, be sensible with sun exposure. Gradually build up your tan with increased time of direct sun exposure, avoiding the hours of the most intense sunshine. Do use a sunscreen that protects against both ultraviolet A and B after giving your unprotected skin an appropriate dose of sunshine for that healthy tan. As you tan, unprotected exposure times in the sun can increase without risk of burning and the attendant skin damage.

## Naturism And Health

Ages ago, well about 100 years ago, nudists were into all sorts of reform. The simplified life was part of their agenda, that and improving health. Improving health generally included getting exercise which was thought essential to helping the average person survive in the polluted and dangerous cities and work environment, and vegetarianism in some form.

If you have an interest in health and vegetarianism – and who shouldn't eat their veggies? – here's the blog for you. The Au-Natural Health SIG: A Special Interest Group of the Naturist Society. Go to: <http://news.au-naturalhealth.org/>

I think you will find the range of subject matter interesting. They don't simply obsess about vegetarianism; it's about healthy living in general. [Ed.]

## The Same River Twice

by Webb Garlinghouse

A friend recommended the movie, *The Same River Twice*, as one I might enjoy. I found it to be a nostalgic look back in time that, on balance, was enjoyable for me.

The movie's title obviously relates to the quote attributed to Heraclitus, "You can't step into the same river twice." This refers to the fact that before you can step into the river again, both the river has changed: its banks, rocks on the bottom, etc. And, you have changed: you're older, perhaps wiser; a different person.

Done in a documentary style with no real plot, the movie

introduces us to a group of 20-somethings on a raft and kayak float trip through the Grand Canyon about 30 years ago. The Grand Canyon is a spectacular natural phenomena and the scenery in this movie does justice to its beauty.

But, this movie is about more than just beautiful scenery. As one of the participants observes during the movie, at that time, nudity wasn't really an issue. The challenge was to find a reason to wear clothes. No one even looked for a reason to be naked.

When asked "why?" 30 years later, one of the female participants replied, more wistfully than defiantly, "Because we could." That simple statement says much about the time.

*The Same River Twice* moves between the lives this group led 30 years ago and their lives today; between a time they were young and carefree and today with families and responsibilities.

For anyone who has had a similar experience, whether it lasted a day or two or a year or two, it recalls a bygone era.

But it also raises interesting, and perhaps troubling, questions. Do young people today have similar experiences? Can a group of young people today be comfortable searching for a reason to wear clothes? As parents, are we able to impart the values we found so comfortable and natural 30 years ago to our children today? If not, why not? Has the World really changed that much? If so, do we accept this change?

This is not a movie that all will enjoy as much as I did. No one dies. There is no blood & guts. It merely shows the changes we all experience in our journey through life. Somehow, I doubt that young people today would even understand it.

## Politics And Naturism

Just which or what political party are you in if you are a naturist? Apparently there hasn't been an actual study done to answer this question, however there are indications based on some surveys that there is a fairly even split between Republicans and Democrats with a slight edge going to Republicans. Who would have thought?

Stereotyping leads to false conclusions wherever it's done. The truth is Americans value freedom even if we disagree on what everyone should be free to do.

The subject of naturist political affiliation caught my eye while assembling a list of naturist oriented blogs. The International Nudist blog in which a brief essay about the political leanings of naturists occurs can be found at: <http://www.internationalnudist.com/?p=57>

Check this blog out. There are lots of other topics of interest such as travel, employment, real-estate, etc. [Ed.]

## Caliente Update

As most of you know, Caliente clothing-optional adult resort in Florida has been in the news. PR director Angye Fox has been marketing it to swingers groups, has quit AANR, and hosts parties like "Eyes Wide Shut" which pays homage to a group orgy scene from the movie of the same name.

In booking the annual Lingerie Bowl at Caliente, Fox has taken yet another step to exploit her resort, and further

exploit women at the same time. The Lingerie Bowl features hot babes in underwear playing football for salivating males during the halftime of The Super Bowl.

News stories continue to refer to Caliente as "nudist", when it is not. Yes, there are nudists who frequent the place, but it is not family-friendly anymore, preferring to cater to the Hedonism crowd. Let me state here and now that I do not oppose what Caliente is doing because I am a libertarian on these issues, but what I find unacceptable is the perception that nudism equals sex, and it is this distortion which threatens to do long term damage to the nudist and naturist lifestyles.

Now the worst has happened. In a news, TampaBay.com is reporting that the women participating in the Lingerie Bowl are upset about playing in front of "nudists".

More problems have hit the Lingerie Bowl, but organizers say the game will go on.

Some players have quit the team over a pay dispute and because they object to holding the game at a nudist resort, said Lingerie Bowl quarterback Reby Sky of Temple Terrace and an agent who represents some Tampa Breeze players.

"I don't have anything against the lifestyle," Sky said, referring to the shift to a nudist resort. "But we as players were having a hard enough time dealing with and defending against the negative stigmas and stereotypes associated with the sport and playing attire before it was announced that we would be playing at a nudist resort."...

Ricker Yankowski, who represents six players through his St. Petersburg agency Models Without Attitude, said Horizon Productions failed to pay the players Dec. 3 as promised and that the company now says it will pay \$1,000 to each player on game day – about 70 percent less than the players thought they would get. He said at least three of his players have quit, and more resignations may happen.

"I never thought it would come down to this," Yankowski said. "Taking these girls away from home and family and work, then paying them a lot less, then making them play at a nudist resort, is below moral."

Holy shit! AANR and NAC need to address this issue now with a press release denouncing Caliente and distancing all nudists and naturists from this deteriorating situation. If girls who dress like porn stars and objectify themselves sexually are calling nudism "below moral", we have a big, big problem.

## Body Image

Body image is how you see yourself when you look in the mirror or picture yourself in your mind.

Body image is . . .

How you see yourself when you look in the mirror or when you picture yourself in your mind.

What you believe about your own appearance (including your memories, assumptions, and generalizations).

How you feel about your body, including your height, shape, and weight.

How you sense and control your body as you move. How you feel in your body, not just about your body.

### **Negative body image is . . .**

A distorted perception of your shape--you perceive parts of your body unlike they really are.

You are convinced that only other people are attractive and that your body size or shape is a sign of personal failure.

You feel ashamed, self-conscious, and anxious about your body.

You feel uncomfortable and awkward in your body.

### **Positive body image is . . .**

A clear, true perception of your shape--you see the various parts of your body as they really are.

You celebrate and appreciate your natural body shape and you understand that a person's physical appearance says very little about their character and value as a person.

You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight, and calories.

You feel comfortable and confident in your body.

People with negative body image have a greater likelihood of developing an eating disorder and are more likely to suffer from feelings of depression, isolation, low self-esteem, and obsessions with weight loss.

We all may have our days when we feel awkward or uncomfortable in our bodies, but the key to developing positive body image is to recognize and respect our natural shape and learn to overpower those negative thoughts and feelings with positive, affirming, and accepting ones.

**Accept yourself – Accept your body.**

**Celebrate yourself – Celebrate your body.**

*Used with permission of the National Eating Disorders Association. [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org).*

This is an excellent summary of what the term, body image means. As naturists, we talk about this using the term, “body acceptance.” Either way, a serious issue is being considered. Unfortunately, naturists speak of our emphasis on body acceptance without fully elaborating on what we mean. That is, body acceptance becomes such a convenient phrase to use, that its full meaning may not be well articulated.

Of course, it is not all that difficult to turn to back issues of Bare Facts, N, or a number of internet websites to become better educated about body acceptance from the naturist point of view. In fact the stress on body acceptance goes back to the beginnings of the nudist movement in Germany. Despite this, the term can become something of a cliché – the powerful content being simply assumed, but not fully understood or tapped into.

To the extent that there is clichéd use of the term body acceptance, the poorer naturism becomes. Body acceptance, rightly understood, has to do with identity and with health. Humans are a unitary being of mind and body, each with complex subtlety interacting with and influencing the other. This interaction defines who we are as a person. In addition,

as social beings humans interact with others at first pre-cognitively, then later with growing insight to develop their identity. This is no simple task.

Along the way, the person in the context of their culture is buffeted by positive and negative relationships with others. This is inescapable. All societies establish and impose enumerable standards of conduct and beauty, arbitrarily favoring some while penalizing others. No one escapes damage from this process.

The fortunate experience adequate nurturing, coupled with a resilient personality, allowing them to develop a relatively healthy self concept. Unfortunately, many are deficient in these resources and experience great suffering, inflicted both by self and from others.

Whole industries have arisen to rectify perceived deficiencies in some, and preserve the assets of others. Medicine, nutrition, fashion, cosmetics, and sports to name a few, all have been marshaled in Western societies to help everyone match up to the latest definition of “the beautiful.” Those that can't match up? Well – what about them?

Health is the crucial consideration that rises to the fore, both physical and mental. As The Eating disorders Association notes, not having a healthy body image may lead to severe consequences, including death.

Going back to our roots, nudism was a fundamental part of numerous life reform movements. All varieties of life reform were a protest against the status quo of debilitating and repressive past social beliefs and practices. Modern naturism likewise protests the shallow and arbitrary beauty standards that inflict so much damage on everyone, including those that manage to live by its standards. We are made prisoners of our own minds.

Naturism is about liberation from what is repressive in society and diminishes persons. Naturism is a protest against the assumption that the naked human body is obscene and must always be clothed. It is a protest against shaming anyone about their physical appearance, including their weight. Positively, naturism asserts that all bodies are worthy in all their parts and functions. Naturists assert that the whole person is to be valued, mind and body, and that the content of a person's character is what counts the most.

Having said this, historic nudism always had a health emphasis. Early dietary reform and alternative medicine sought to encourage vegetarian diet, abstinence from tobacco and minimal alcohol consumption, coupled with adequate exercise. In addition, exposure to the healing rays of the sun and fresh air were regarded as key to a healthy life.

When invoking body acceptance as an ideal, naturists are not saying that a person's weight is of no concern. What naturists are saying is that regardless of weight, or other physical characteristics, a person's body is to be honored and the person accepted. Any unhealthy condition of the body does need to be addressed for health reasons alone and not as the basis for accepting that person. As the Eating Disorder Association echo's, naturists have always advocated – Accept yourself – Accept your body. Celebrate yourself – Celebrate your body! [Ed.]

# Educating Non-Naturists

No doubt anyone with any experience using the internet is either aware of or has visited a blog. Blogs are the latest entry in the digital world allowing anyone the opportunity to inform or rant about whatever interests them. A blog is an important variation on the traditional personal website. Both seek to inform the world of their special interests, but a blog is something more like the editorial page of a newspaper. Naturists with literary or journalistic tendencies have joined this bandwagon.

This is a terrific device to inform the naturist public. Equally important is the unfiltered access outsiders have into what makes naturists tick. Blogs are a worthy forum to educate those that might have an interest in exploring naturism for themselves. Hoping the print media will “get it right,” is largely a futile waste of time, (or, am I being redundant?). Newspaper reporters, on the whole, are hopelessly intimidated by the naked body, displaying their uneasiness in the condescending, and mockingly puerile tone they take in stories about naturism.

No doubt other cyber avenues, such as Facebook, provide an avenue to publicize naturism to yet a different segment of society. The more positive “exposure” naturism receives in media the better. The internet is the future, and I’m glad naturists are leaping aboard to promote the naturist idea in the 21<sup>st</sup> century. [Ed.]

The following article, re-printed with permission, including the accompanying picture, is from the blog entitled, Come as You Are. Go to <http://cayanet.blogspot.com/> to see the entire website.

The concept of Naturism confuses many people. I have tried to have in depth conversations about the subject with Textiles (non-Naturists), but they are typically confused by the concept, mostly because they have preconceptions about it. So, I have tried to be direct and to the point about what Naturism is. Perhaps, if you have trouble explaining Naturism to people you can use the reasons below. The more people there are that come to understand the practice of Naturism the better.

## What Naturism Is:

- 1) Naturism is simply the practice of being without clothing.
- 2) People generally practice Naturism for three reasons; they enjoy the way being nude feels (physical), being nude is very emotionally liberating (psychological), and the Naturist culture is typically more honest, accepting and friendly than society’s norm of hiding behind clothing (social).
- 3) Naturism is a social activity. You can practice alone, but like most everything else, is more rewarding when done with others.
- 4) Naturists accept everyone for who they are regardless of shape, size or any physical attributes.
- 5) Naturists do the same things everyone else does. They just do them without the restrictions of clothing.



## What Naturism is Not:

- 1) Naturism is not sexual in any way whatsoever
- 2) Naturism is not voyeuristic in any way whatsoever
- 3) Naturism is not only for adults – See #1 and #2, Naturism is a family oriented activity
- 4) Naturists are not Exhibitionists – See #2. Naturists are not showing off their bodies
- 5) Naturists events are not meat markets – See #1
- 6) Naturism is not only for the attractive or fit – See #1 & #2

The bottom line is that many people think Naturists are either swingers or exhibitionists. It may be difficult to convince them why you would want to socialize nude with people if not for those reasons. You can quote #2 above of what Naturism is, and simply say:

— Naturists enjoy sharing a common interest with others just like everyone else does for any activity.

All of this begs the question of the Textiles you may be talking to, “So, why don’t you practice Naturism?” I have received all of the answers below, which seem to be common for people who don’t practice. You cannot talk someone into trying it by countering the answers below. The best you can do is talk about it frequently and leave the door open for them to try it. Although, when most people try it they love it and see exactly what you are talking about, but they must come to the realization themselves.

- 1) “I don’t believe that Naturism is not sexual or voyeuristic.” – This is a preconception many people have that is placed by society, and is difficult for most to get over.
- 2) “I’m not a cover model.” – This is a basic self-esteem issue. Even though you state that the point is acceptance and it does not matter what you look like because people are not Naturists to see what you look like, it is difficult to get over being self-conscious about some aspect of body image.
- 3) “But, people will see me and especially my spouse naked!” The idea is to transcend this way of thinking and realize that it is ok to see you or your spouse the way you are. It is no different than going to the beach with a group of people, but the concept of openness can be difficult to get over.
- 4) “I’m a very private modest person.” That’s ok. You can be nude alone and still enjoy it, but typically this type of answer comes down to a lack of self-esteem also.
- 5) “Why should I let people see me nude?” – This is a fundamentally egotistical outlook. Why would people have the privilege of seeing you nude? You can stress that Naturism is not voyeuristic and the point is that you are sharing a common interest in liberating freedom and not your body. This also reflects that some people hide behind the image clothing portrays. Instead of a self-esteem issue about body image, this is typically an issue regarding personality insecurities.

6) "It's gross! Why would I want to go see other people nude?" – Again, you are not socializing nude to look at other people, but the fact that people are without clothes can be distracting at first. People can get over this outlook if they go to a Naturist event or a nude beach. They will quickly get over the "gross" aspect.

7) "Other people may react negatively towards me." – Even practicing Naturists have this issue. Prejudices at work or at home prevent many from discussing it. The simple solution is that you can practice it without discussing it. If you go to a Naturist function or beach, everyone else is nude too, so you will not get any negative reactions. Just practice it with like-minded people.

8) "I'm highly offended by seeing people without clothing." – This stems from the false view that being without clothing is only sexual or exhibitionist in nature. Usually, people who feel this way cannot see being nude as simply an enjoyable and positive experience. Often this view is because of some negative experience surrounding being nude or society generated fear. This blog has a mandated warning page and Google will not allow the photo gallery to be public because it "offends" some people.

I've heard all of these reasons and sometimes all from the same person. Not everyone needs to be a Naturist, but I encourage everyone to have open conversations about it, so non-Naturists are educated on what it is. Just leave the door open just in case they change their minds and decide to try it.

## Naturist Living Show

You can find about anything you want on the internet. This month I discovered a website which is actually a podcast of interviews conducted by Stephane Deschenes, the owner of Bare Oaks Family Naturist Park in Ontario, Canada.

The podcast is audio only, something that Stephane views as a plus. People looking for pictures of naked people move on, but those interested in high quality discussion of naturist topics will find much of interest.

The most recent interview is with author Tom Pine, who has written a number of naturist stories. Other topics include the ubiquitous sport of all naturists and nudists, volleyball; another is a discussion of the distinction between nudist and naturist. Very fittingly is a tribute to Lee Baxandall, interviewing Nicky Hoffman and Mark Storey. Included is a recording of Lee talking about naturism. You can find it at: <http://naturisliving.bareoaks.ca/> [Ed.]

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**Membership Application  
 Change of Address Form**  
*Please Print*

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All information provided is strictly confidential. If you are joining as a couple, include names for both people. If you are a couple not living together, make a copy of this form for the other individual. (NB: To promote gender diversity, a couple is defined as one male and one female.) Those willing to assist with upkeep a minimum of 10 hours

per year may deduct \$50. One subscription to our newsletter *Bare Facts* is included with membership. A subscription only to *Bare Facts* is available for \$20.00. New members will receive a Waiver and Release which must be completed before membership is finalized. Visitation restrictions apply to Associate Membership.

**Membership Fees:**

	Single	Couple	Amount
Lake Edun Foundation Membership	275.00	350.00	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
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<i>No Sex, No Violence ... Only Nudity</i> Naked Plays – DVD		25.00	_____
<i>Lake Edun Exposed</i> – Video		35.00	_____
<i>Lake Edun Exposed</i> – DVD		50.00	_____
Naturist Society Membership		55.00	_____
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## Items We Need

See our website at [lakeedun.com](http://lakeedun.com) for more details.

- Non-motorized boats
- Metal Barrels
- Lawn or Lounge Chairs
- Wooden Cable Spools
- Aluminum cans, etc.
- Wheel Barrows